

# EXTENSION CONNECTION FOR PULASKI COUNTY

## Summer, 2021

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Hello, everyone!

I hope you have been spending some time outside enjoying the beautiful weather as we gear up for the summer festivities including the 2021 Pulaski County 4-H & Community Fair.

Some exciting news from the Extension Office includes our Health & Human Sciences Educator, Mandy, marrying Kerry Nielsen in March. Congratulations to you both! Mandy has been diligently offering Captain Cash to EPES 3rd graders. Through this program, the students 'sail the seas' to the four islands of spending, saving, budgeting, and borrowing.

Phil, Agriculture & Natural Resources Educator, led the Jr. Leaders in a Drone Demonstration recently. He continues to grow his skills with drones, tackle tree questions in the community, and has begun planting at Pinney Purdue in anticipation of the Pinney Purdue Field Days.

The 4-H program is alive and well! Many school programs took place this spring focusing on Soil & Water, Electric, and STEM activities. Many state opportunities are being offered such as the 4-H Roadshow, 4-H Ambassadors Program, and 4-H Online Electric Classes.

Continue to watch your emails and our Purdue Extension-Pulaski County Facebook page for the most up-to-date information on activities and happenings in the Extension World.

Have a safe and enjoyable summer!

Sincerely,

Sam Williams, County Extension Director

### Pulaski County 4-H & Community Fair

June 26-July 1

Fair Theme:

**4-H...Remembering the past, celebrating the future....**



### Have a new email or address?

Please contact the Extension Office at 574-946-3412 or email [rosenba@purdue.edu](mailto:rosenba@purdue.edu).



### COME AND HAVE A WALKING TACO

Community Center Porch, Monday, June 28 (Swine Show day!) 10:30 AM-2 PM, sponsored by the Pulaski Co. Extension Homemakers –Details in their section of the newsletter!

## CALENDAR

A complete listing of 4-H meetings and events are listed on calendar in 4-H section of newsletter.

### June, 2021

- 1, 3 Intermediate Excel, 12:30-2:30 PM
- 7 EH Council, 5:30 PM, Extension Office
- 7 Extension Board, 7:00 PM, Bethel Bible Church
- 9-11 4-H Camp, Camp Tecumseh
- 18 Early Check in of 4-H Projects, 6-8 PM
- 19 Check in of Projects 8-10 AM, Judging begins at 10:30 AM
- 21-25 Pre-fair judging continues

### June 26-July 1

#### Pulaski Co. 4-H and Community Fair 4-H Shows

June 12, 4-H Dog Show - 10 AM

June 23, Horse & Pony Contesting -5 PM

June 26, Poultry Show, -11 AM

4-H Recognition Program, 3 PM

4-H Fashion Revue, 4 PM

June 27, Sheep Show-9 AM; Beef Show-5 PM

June 28, Swine Show-8 AM

June 29, Rabbit Show-8 AM, Goat Show at Noon and Dairy Show, 7:30 PM

June 30, Horse & Pony Pleasure Show- 8 AM and Ultimate Showman of Showmen -5 PM

July 1, 9 AM-Pet Pals & Cat Show and 4-H Auction 6 PM



#### INDIANA STATE FAIR NEW DATES:

July 30-August 22, 2021

(not open on Mondays and Tuesdays)

## Learning Center Update!

Mid June we are pausing on computer classes in the Purdue Extension Learning Lab until August. We will then again offer Basic and Intermediate Excel, Word, Publisher and Power Point and Getting Started With Computers. Also, a free class for Learning about eBay and Facebook will be set up. Call if interested in any of these topics and we will let you know as soon as they are scheduled! (574-946-3412)



We continue to stress that now is the time to sharpen your skills on your computer- **MORE IMPORTANT THAN EVER!!**

Welcome

To our newest staff member Autumn VanNess. She is our part time secretary who helps with 4-H and other areas as needed. Please stop in and introduce yourself if you have not already met her. This is her first fair!

PURDUE  
EXTENSION

NUTRITION  
EDUCATION  
PROGRAM

Deb Winter,  
Nutritional Extension  
Program Assistant

## Making a Casserole from What's on Hand

If you have small amounts of leftovers and would like to mix them together into some type of casserole, try this recipe. Turn leftovers into favorite family foods! "Make-Your-Own" Casserole Makes 6 servings

**General Directions:** Select food(s) from each category or use your own favorites. Combine in a 2- to 2 1/2-quart casserole dish that has been greased or coated with cooking spray. Cover and bake at 350°F for about 50 minutes to 1 hour or microwave using 50% power for about 15 to 30 minutes, rotating or stirring as necessary. Heat until steaming hot (165°F) throughout.

**Starch** - select ONE: 2 cups uncooked pasta (macaroni, penne, spiral, bow tie), COOKED 1 cup uncooked long-grain white or brown rice, COOKED 4 cups uncooked noodles, COOKED

**Protein** - select ONE: 2 cups cooked ground beef 2 cups cooked and diced chicken, turkey, ham, beef, or pork 2 cups chopped hard-cooked egg 2 (6 to 8-oz.) cans fish or seafood, flaked 2 cups cooked or canned dry beans (kidney, etc.)

**Vegetable** - select ONE: 1 (10-oz.) pkg. thawed and drained frozen spinach, broccoli, green beans, green peas 1 (16-oz.) can green beans, peas, carrots, corn, drained 2 cups sliced fresh zucchini

**Sauce** - select ONE: 2 cups white sauce or 1 can sauce-type soup (mushroom, celery, cheese, tomato, etc.) mixed with milk to make 2

1 (16-oz.) can diced tomatoes with juice

**Flavor** - select ONE or MORE: 1/2 cup chopped celery, 1/4 cup chopped onion, 1/4 cup sliced black olives 1 - 2 teaspoons mixed dried leaf herbs (basil, thyme, marjoram, tarragon) Salt and pepper to taste

**Topping**- select ONE or MORE: If desired after heating, place on top: 2 tablespoons grated Parmesan cheese 1/4 cup shredded Swiss, Cheddar, or Monterey Jack cheese 1/4 cup buttered bread crumbs 1/4 to 1/2 cup canned fried onion rings



Return casserole with topping(s), uncovered, to oven for about 10 minutes or to microwave for about 2 minutes.